

Outline

Finding an Adoption and Foster Competent Therapist

- What type of professional can provide therapy to an adopted or foster child or family?
- What's the difference between being adoption competent and adoption informed?
- Why is competency in adoption or foster issues important?
- What do we mean by an "adoption competent therapist"? What makes a therapist adoption competent?
- Is adoption/foster competence the same as trauma competence?
- How can you tell if a therapist is competent to handle adoption or foster issues? Are there specific trainings that provide adoption competency?
- Creating a Family provides a list of ways to find an adoption competent therapist on our [Adoption Therapy section](#).
- Is one type of therapeutic model of treatment more effective for adoptive children and families? Theraplay, Dyadic Developmental Psychotherapy, Trust-Based Relational Intervention (TBRI), Narrative therapy, EMDR (Eye Movement Desensitization and Reprocessing), etc.
- Should therapy with adopted kids on adoption issues involve just the child, or the child and the parent?
- What is home-based therapy and are there advantages to this type of therapy for adoptive and foster families.
- How can you find a therapist that will provide therapy within the home? (One source is <http://www.familycenteredtreatment.org/>)
- Is therapy via tele-health or via teleconferencing as effective for adopted children? For families? How to know if it will work for your family? Ways to make it more effective.
- How can a parent determine if the therapist is a good fit for the child and family? What questions should they ask?
- How many sessions to try?
- When to seek a therapist?
- How to find a therapist with lived experience of being adopted?

Resources

- [How to find an adoption competent therapist?](#)
- [A Guide to Selecting an Adoption or Foster Therapist](#)
- [10 Reasons for Parents to be in Child's Therapy Session](#)
- [Beneath the Mask: Understanding Adopted Teens](#) & [Beneath the Mask: For Teen Adoptees: Teens and Young Adults Share Their Stories](#)